

**What is claimed is:**

1. A swing training aid for training an athlete to perform a desired swing, said swing training aid comprising:

an adjustable stand comprising a first pad connector; and

a swing pad having a flat front surface and comprising a first attachment spot for

matingly attaching said swing pad to said first pad connector of said adjustable stand;

wherein said adjustable stand can be adjusted to move said swing pad into a desired position.

2. Said swing training aid of claim 1, wherein said adjustable stand comprises a base, a first arm having a proximal end and a distal end, and a second arm having a proximal end and a distal end, the proximal end of said first arm being coupled to said base, the distal end of said first arm being coupled to the proximal end of said second arm, and said first pad connector being coupled to the distal end of said second arm.

3. Said swing training aid of claim 2, wherein said base includes a front side, a rear side and a top surface, said front side being thicker than said rear side such that said top surface tilts rearward.

4. Said swing training aid of claim 2, wherein said base further comprises a position reference scale.

5. Said swing training aid of claim 2, wherein said adjustable stand further comprises a first adjustable elbow comprising a first leg, a second leg and an adjustable connector connecting said first leg to said second leg, wherein said first leg of said first adjustable elbow is connected to the distal end of said first arm, and said second leg of said first adjustable elbow is connected to the proximal end of said second arm, said first adjustable elbow allowing the angle between said first arm and said second arm to be varied.

6. Said swing training aid of claim 5, wherein said first leg of said first adjustable elbow is rotateable about said first arm.

7. Said swing training aid of claim 5, wherein said adjustable stand further comprises a second adjustable elbow comprising a first leg, a second leg and an adjustable connector connecting said first leg to said second leg, wherein said first leg of said second adjustable elbow is connected to the distal end of said second arm, and said second leg of said second adjustable elbow is connected to said swing pad, said second adjustable elbow allowing the angle between said second arm and said swing pad to be varied.

8. Said swing training aid of claim 7, wherein said swing pad is rotateable about said second arm.

9. Said swing training aid of claim 2, wherein said adjustable stand further comprises a bifurcated adjustable elbow comprising a first leg, a right-side bifurcated leg, a left side

bifurcated leg, an adjustable connector connecting said first leg to said second leg, and a second pad connector located at the distal end of said right-side bifurcated leg; said first pad connector of said adjustable stand being located at the distal end of said left-side bifurcated leg; and said swing pad further comprises a second attachment spot; said second pad connector being matingly attachable to said second attachment spot; wherein said first leg of said bifurcated adjustable elbow is connected to the distal end of said second arm, and said first pad connector of said left-side bifurcated leg is connectable to said first attachment spot of said swing pad, and said second pad connector of said right-side bifurcated leg is connectable to said second attachment spot of said swing pad such that said second adjustable elbow can be adjusted to vary the angle between said second arm and said swing pad.

10. Said swing training aid of claim 2, wherein said first arm is adjustable in length.
11. Said swing training aid of claim 2, wherein said second arm is adjustable in length.
12. Said swing training aid of claim 2, wherein said second arm is rotateable about said base.
13. Said swing training aid of claim 2, wherein said swing pad is rotateable about said second arm.
14. Said swing training aid of claim 1, wherein said swing pad further comprises a plurality of wind apertures.

15. Said swing training aid of claim 1, wherein said swing pad further comprises a second attachment spot.

16. Said swing training aid of claim 1, wherein said swing pad further comprises position markings surrounding said first attachment spot; and said first pad connector further comprises a reference alignment mark; such that said reference alignment mark of said first pad connector can be aligned with said position markings to position said swing pad in a desired position relative to said adjustable stand.

17. A swing training aid for training an athlete to perform a desired swing, said swing training aid comprising:

- a base having a top surface and comprising a connector, said connector being located on the top surface;

- a first arm having a proximal end and a distal end, said proximal end being coupled to said connector of said base;

- a second arm having a proximal end and a distal end;

- a first adjustable elbow comprising a first leg, a second leg and an adjustable connector connecting said first leg to said second leg, said first leg being coupled to said first arm; said second leg being coupled to said second arm, said adjustable connector being adjustable to change the angle between said first arm and said second arm, and said second leg being rotateable about said base;

a swing pad comprising a plurality of attachment spots and a plurality of wind apertures; and

a second adjustable elbow comprising a first leg, a second leg, a pad connector and an adjustable connector connecting said first leg to said second leg, said pad connector being attached to said second leg, said first leg being coupled to said second arm; said pad connector being coupled to one of said plurality of attachment spots of said swing pad, and said adjustable connector being adjustable to change the angle between said second arm and said swing pad.

18. Said swing training aid of claim 17 wherein said first arm comprises a proximal member, a distal member and a locking mechanism, said distal member being slideable into and out-of said proximal member to adjust the length of said first arm, and said locking mechanism being able to lock said first arm at a desired length.

19. Said swing training aid of claim 18 wherein said second arm comprises a proximal member, a distal member and a locking mechanism, said distal member being slideable into and out-of said proximal member to adjust the length of said second arm, and said locking mechanism being able to lock said second arm at a desired length.

20. Said swing training aid of claim 17, wherein said swing pad further comprises position markings surrounding each of said plurality of attachment spots; and said pad connector further comprises a reference alignment mark; such that said reference alignment mark of said pad

connector can be aligned with said position markings to position said swing pad in a desired position relative to said adjustable stand.